NEEDS SOME PLANNING

BUT TO THOSE FOND OF SHAD, COOKING IS WORTH WHILE.

Properly Prepared, It May Be Made to Serve Several Meals-Planked Probably is the Best of All Ways.

This is the season for shad. If a popular vote were taken as to which is our most delicious fish, probably shad would come out far in the lead. But the housewife who caters for a small family is inclined to regard early shad as a pretty expensive lux-

It does, in fact, call for some clever planning, but a fine roe shad can be made to serve for several meals and at the same time satisfy the most critical appetite. This is made possible by first having the shad split, using one-half for baking, the other half (the bone side) for brolling. The roe can be served at still another meal in any one of a number of ways. The famous way of cooking a shad is planking it, a method that has been handed down to us by fishermen, who utilized driftwood instead of a pan. They baked the fish on the wood, and the fumes of the cedar or hickory flavored the fish so deliciously that this makeshift custom has been adopted by epicures all over the world

Planked Fish.-Planked fish should be baked on a board of cedar, hickory, oak or ash. Place the board in the oven until very hot. Now paint the board with butter or olive oil, place shad on it, season with sait and pepper. If fish has been split place skin side downward on board, brush with butter or olive oil, and dust with salt and pepper. Baste often and bake until golden brown. This takes from 20 to 30 minutes, according to thickness of fish. Serve with parsley, lemon, sliced pickles or maitre d'hotel butter.

Maitre d'Hotel Butter.-This is made by working one-fourth cup butter till creamy, then add one-half teaspoon salt, one-eighth teaspoon pepper, one-half teaspoon chopped parsley, then one tablespoon lemon fulce and one tablespoon Worcestershire sauce. This may be served hot or cold as desired.

Baked Shad .- Remove scales and insides, wash both inside and outside, and wipe dry with a cloth. Rub both sides with salt and pepper. Grease the bottom of a roasting pan with butter or olive oil. This prevents the shad from sticking. Paint the top of fish with olive oil or pieces of butter. Place in a hot oven for ten minutes.

Now take pan out of oven for a minute and cover the fish with the following mixture: Three-quarters of a can of tomatoes, one green pepper and two onlons chopped fine, one tablespoon of sugar, one teaspoon of salt, one-half teaspoon of pepper. Bake for 25 minutes, basting occa Serve on a platter garnishsionally. ed with parsley or water cress. scales

Broiled Shad.—Remove split and wash. Wipe fish dry. Grease the broiler well with oil or butter, place shad with the skin side downward on broiler. Now have a good hot fire, hold shad near the flame so as to sear over the outer surface at first, in order to keep the juices in, then move it a little farther from the flame, and cook for twenty minutes Melt three teaspoons of butter, add one teaspoon of salt, one-half teaspoon of pepper, mix. Place shad on hot platter and pour sauce over it.

Dishwashing Help.

Any man or woman who is obliged to wash dishes will find that a dish cloth made of a piece of woolen goods is the greatest help obtainable. Take a piece of wornout woolen goods-underwear is quite suitable. One can clean the dishes in half the time with less effort, and with one rinse in soapsuds have a clean dishcloth each time.

Ginger Snaps.

To make delicious ginger snaps, boil together a cupful of shortening, half a cupful of sugar and a pint of molasses, and then a teaspoonful of cinnamon and a teaspoonful of gin-Dissolve two teaspoonfuls of soda in a tablespoonful of vinegar and add it to the boiled mixture. Stir in three or four cupfuls of flour, enough to make a fairly stiff mixture. Put in a good place over night. Sprinkle the board with granulated sugar instead of flour when rolling out the PDADS.

Snow Pudding.

Three tablespoons of cornstarch, raqisten with a little cold water, and stir into pint of boiling water. one-half cup of sugar into water, also little salt. Cook and remove from stove, stir in whites of three eggs heaten to a stiff foam. Set away to cool. Serve with this custard: To a pint of boiling or hot milk add the three yolks well beaten, teaspoon cornstarch and one-half cup sugar, flavor and put away to cool. If you want something truly delicious, try this.

BACKACHE IS DISCOURAGING



Backache makes life a burden. Head-aches, dizzy aches, dizzy spells and distressing uri-nary disorders are a constant trial. Take warning! Suspect kidney trouble. Look about for a goodkidney remedy.

Learn one who found relief from the same suffering.

Get Doan's Kidney Pills—the same that Mr. Lee had.

A Toxas Case

IL Lee, sit W. Walmit St., Cleburne, Tez., says:

of four years I endured misery from gravel.

phine was my only reliof. I had toryfible pains

my back and it was hard for me to pass the kid
recretions. Doan's Kidney Pillseurred me quickand I have been well tror since."

Get Doan's at Any Store, 50c a Box DOAN'S WHILE FOSTER-MILBURN CO., BUFFALO, N.Y.



ALLEN'S FOOT=EASE,

The Antiseptic powder shaken into the shoes—The Standard Rem-edy for the feet for a quarter century 30,000 testimonials. Sold everywhere, 25c. Sample FREE. Trade Mark everywhere, 25c, Sample FREE, Address, Ailen S. Oimsted, Le Roy, N Y. The Man who put the E E s in F E E T.

PREVENTION better than cure, Tutt's Pills if taken in time are not only a remedy for, but will prevent SICK HEADACHE,

billousness, constipation and kindre

Youthful Diplomat.

Lola, five years old, wanted a pair of skates, but as she was very naughty in school and always seated in the last row, father would not get them for her. He compromised, saying that If she were bright enough to get in the first row she could have them. A week later she came home saying she was in the first row. Father said: "Fine! How'd you do it?" Lola said: "I told teacher I couldn't see the blackboard from way back there, and she put me in the first row."

FACE ALMOST COVERED WITH PIMPLES AND BLACKHEADS

Atchison, Kan.-"For a number of years I suffered very greatly from skin eruption. My face was very red and irritated, being almost covered with pimples and blackheads. The pimples were scattered over my face. They were a fine rash with the exception of a few large pimples on my forehead and chin. My face burned and looked red as if exposed to either heat or cold. It was not only unsightly but very uncomfortable. I tried several remedies but couldn't get any relief. I was recommended to use Cuticura Soap and Cutleura Ointment.

"I applied the Cuticura Ointment in the evening, leaving it for about five minutes, then washing it off with Cuticura Soap and hot water. I washed with the Cuticura Soap and hot water also several times during the day. After about four months of this appliation, my face was cleared of the pimples. I still use the Cuticura Soap." (Signed) Miss Elsie Nielson, Dec. 29, 1911.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address pest-card "Cutlcura, Dept. L, Boston."

One Theory. "Why is March such a turbulent

month?" "There's a squabble going on every year with the March lamb and the March lion on one side, and the early robin on the other. The lamb and the lion claim that the robin ought to get out of the limelight occasionally and let them share the publicity."

Old Doctor Explains. "Why did you decide not to locate

in that suburb?"

"Everybody said it was healthy." "My boy, you don't understand the first principles of the practice of medicine. Now I have a large and fashionable following, but it includes

very few people who are really sick."

Carried Passengers High in Air.

Pierre Gougenhelm, a young French aviator, recently carried four passengers half a mile into the air, with the wind blowing thirty-five miles an hour. He used a mammoth biplane with a spread of wings of fifty-six

"THE GRANARY OF NORTH AMERICA."

GOVERNOR SULZER SAYS THAT OF WESTERN CANADA.

The close ties of friendship existing between the United States and Canada were dwelt upon in addresses by Premier Robert L. Borden, of Canada, and Governor Sulzer, at the annual dinner of the University Club of Albany.

"Canada and the United States," said Premier Borden, "have a common heritage in the language, the literature, the laws, the institutions and the traditions which have come down to them from the men of bygone days.

"Perhaps no more instructive object lesson ever has been given to the world than the four thousand miles of undefended boundary line from the Atlantic to the Pacific, which bears slient but eloquent testimony to the mutual confidence and respect of the two nations. Time will shortly place upon the brow of each nation the laurel of one hundred years of peace. It matters not so much as to the form of the outward celebration, but let us hope that its full significance may sink deep into the hearts of both nations, and that, whether north or south of the boundary, we may stand with bowed and reverent heads, offering grateful thanks for the Divine blessing of peace, and earnest prayers that in the century to come, mutual confidence, good-will and respect may truly animate the ideals and aspirations of both nations.'

Referring to the natural resources possessed by the United States and Canada, particularly along the St. Lawrence River, the premier urged that they be "preserved and developed for the people."

Governor Sulzer predicted that the "Great Canadian Northwest is designed to become, before long, the granary of North America."

"Many of our best citizens, I regret to say," said the governor, "are leaving the States of the west and going into the Canadian northwest, because of the fertility of its soil, the liberallty of the Canadian government and the ability of those people to better their conditions here.

"We should extend to them a helping hand in their onward march of progress. Instead of closing our doors by tariff barriers against these countries and their products, in my opinion, we should open them wider and do everything in our power to facilitate closer commercial relations. We want their products and they want our products, and all restrictions to prevent a fairer and freer exchange of goods, wares and merchandise should, in so far as possible, be eliminated."-Advertisement.

Edgar Knew Them. The teacher was hearing her class of small boys in mathematics.

"Edgar," she said, "if your father can do a piece of work in seven days, and your Uncle William can do it in nine days, how long would it take both of them to do it?"

"They never would get it done," answered the boy, earnestly. would sit down and tell fish stories.

Important to Mothers
Examine carefully every bottle of
CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chat Hitchirs. In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Proper Time.

"Do you think the custom of shaking hands with the masses will ever be abandoned?" asked one statesman.

"It may be," replied the other. "But if it is it will be abandoned just after an election, and never just before."

The Spooners.

She was bidding a hurried farewell to a young man of her acquaintance. "Oh, I shall kiss my ma!" she cried. Her escort was on the point of offering himself as substitute, but pulled up in time when he realized that she probably meant to have said "I shall miss my car."

Many have smoked LEWIS Single Bind-er cigar for the past sixteen years. Always found in reliable quality, Adv.

It is good to have worked with all the energy at our command. And it is good to rest when that work is done.-Walter L. Sheldon.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflamma-tion, allays pain, cures wind colle, 25c a bottle.is

Before burning your bridges behind you, it might be well to see that they are fully insured.

CHANGED POINT OF REFORM

Uncle Rastus at Least Was Honest In His Acknowledgment of Prevlous Lapses From Grace.

The colonel had remonstrated vigorously with Uncle Rastus about the old darky's persistent excursions into the state of inebriation.

Uncle Rastus, though he promised faithfuly to refrain from frequent dips into the flowing bowl, failed to live up to the colonel's expectations.

On numerous occasions the colonel saw Rastus under the Influence of liquor, but the darkey when taken to task stoutly denied the accusation, affirming emphatically that he did not drink. One evening the colonel met Uncle Rastus in a condition which made it plainly evident that the darkey was "caught with the goods on."

"Rastus," began the colonel, seriously, "I thought you told me that you had given up drink?"

"Ah sho' did, Massa Ke'nol; ah sho' did," replied Rastus. "But lately ah dun took up drinkin' an' gib up lyin'.'

Shrewd Business Trick.

He had sold his farm to a neighbor for a young helfer (this was east of the Rockies) and he was chuckling visibly as he tled the heifer to the back of the cart containing his house hold goods. "What you laughing at?" his wife asked him. "Why," he chortled, "that feller thinks that farm is forty acres and it's sixty acres. I've unloaded twenty more on him than he thinks!"

Depends on Her Size.

"It's very unkind to make fun of a young wife's cooking."

"Yes. And at times it's very unsafe."

Have you learned lessons only of those who admired you, and were tender with you, and stood aside for you?

When it is a question of restoring the appetite, toning and strengthening the digestive system and keeping the bowels open,

HOSTETTER'S Stomach Bitters

will prove it is capable of 'going some." You really should try a bottle today. Short Hatpin Law.

We have observed a disposition in the newspapers outside of Massachusetts to belittle the law against long hatpins that will become effective early in April. There is one exception, however. The New York Sun, which used to boast that it "shines for all," takes a sane view of the matter. "The protection of life and limb," declares the Sun, "cannot be deemed sumptuary legislation. Is it not reasonable to approve the Massachusetts statute just passed providing that the deadly end of hatpins worn in public shall be sheathed. The rapier is not less beautiful with a foil. The hatpin scabbard can be made esthetic; the fears of man can be allayed, his miserable life spared. Sovereign woman can still slay with her eyes; she needn't put out the other fellow's." No, she need not, and it is within her power to make the penalties of the new law harmless by setting the fashion of wearing a protector. Let her heed the advice of the Sun and make the scabbard of the hatpin esthetic. As already suggested, let the federated clubs address themselves to this troublesome problem and the affair can be settled to everybody's satisfactioa within a very short time.-From the Lynn Item.

Doing Things by Halves.

An old woman of enormous size hailed a tram-car, and with considerable difficulty managed to climb up and get a seat inside. When she was comfortably settled she looked at a man sitting opposite and said: "If you'd been 'arf a man you'd 'a 'elped me in." He gave her a sad smile and replied: "If you'd been only 'arf the woman you are I might 'ave 'ad a try.

SPECIAL TO WOMEN

Do you realize the fact that thousands of women are now using



as a remedy for mucous membrane affections, such as sore throat, nasal or pelvic catarrh, inflammation or ulcera-tion, caused by female ills? Women who have been cured say "it is worth its weight in gold." Dissolve in water and apply locally. For ten years the Lydia E. Pinbham Medicine Co. has recommended Paxtine in their private correspondence with women.

For all hygienic and toilet uses it has no equal. Only 50c a large box at Druggists or sent postpaid on receipt of price. The Paxton Toilet Co., Boston, Mass.

FREE TO ALL SUFFERERS. THERAPION & you can decide Hit's the remedy for your own allment. Den't send a cent Absolutely FREEL No'followup'circulars. DR-LECLERG Man Co. Havenstrote RD, Hampstrad, London, End

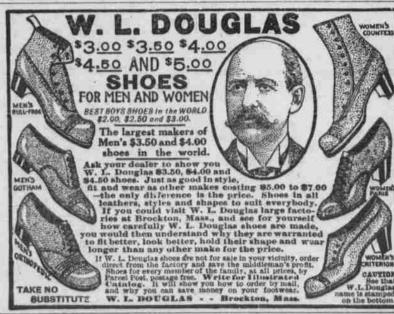
A perfect Master of Constitution. A simple home treatment. No drugs. No manipulation. Has banished more obstinate cases than any other known remedy. Nothing like it. Accept no substi. 50c. Magic Wender, Wichita, Kan.

W. N. U., WICHITA, NO. 18-1913.



Corn Planting is here—Distemper among the horses may be near also—may take some of them—corn planting may be late if your horses have Distemper.

SPOHN'S DISTEMPER CURE is your true safeguard—a cure as well as preventive—500 and \$1.00 bottle—\$5.00 and \$10.00 dozen, delivered. Large is more than twice the smaller size. Don't putit off. Get it. Druggists—or send to manufacturers. Spohn Medical Co., Chemists and Bacteriologists, Goshen, Ind., U.S.A.



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BLENDED ROASTED AND PACKED BY JETT & WOOD, WICHITA, KANSAS

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